

Do home intolerance tests really work?

More and more people are becoming aware of the issues they face with allergies and intolerance. Many minor and some major issues are being diagnosed to be caused by allergens or food intolerances. Many parents are especially concerned when it comes to making sure that their child is healthy. Many people find it inconvenient to actually go to a testing centre to get themselves or their children tested due to the lack of time. This has led to a rise in the marketing of home testing kits to test for food intolerance. This is when the blood or hair or other test samples are collected by the person and sent off to the lab for testing. There are also kits that offer to give you instant results.

Celiac Disease testing at home

Celiac disease is more an autoimmune disease than an allergy or intolerance. This is when eating foods with gluten lead to damage to the lining of the gut and many other symptoms that reduce the quality of life. This is one of the first problems that is tested for before moving on to other allergens.

There are tester kits that can check for celiac disease from a blood sample from your finger. The test usually gives results within a few minutes. These types of tester kits are usually accurate and although they do not detect which allergy or tolerance issue you have, they do help you find whether you have celiac disease or not.

Although this test is accurate, the presence of this autoimmune disorder will require you to visit a doctor to do further diagnosis. Gut Biopsy will be performed by the doctor to help make a more detailed diagnosis.

One precaution you need to take is that you should be eating gluten for over six weeks before taking the blood test at home. This will help to increase the chance of detecting the celiac disease if it affects you.

If you find that you do not have a positive on the celiac disease, you can now move on to other testing methods to test for food intolerance and find out if you have any.

Testing at home for allergies

If you want to test for an allergy or test for food intolerance, testing of a blood sample is the way to go. Testing grip strength or hair samples etc., will not be as accurate. If you

want more details about food intolerance.

<http://www.intolerancelab.co.uk/intolerance-2/>